



THE PYRAMIDS HAVE BEEN BUILT



The Build Your Pyramid incentive contest is complete! It ran from September 3 until September 28. The goal was to provide incentive for people to exercise with prizes as well as educate members with information on proper nutrition. Members enjoyed samples of healthy snacks in the different food groups every week. These included: soy milk, Cracklin' Oat Bran Cereal, fresh fruit, protein bars, vegetable chips, nuts and Go-Gurt.

There were 67 employees that signed up for the contest. 26 completed the contest by filling their pyramid. Thirteen employees completed 75% of their pyramid while another 13 completed between 50 and 74%. Prizes for those that completed the pyramid in its entirety were the coveted Work-Fit duffel bags. Each facility's employees' club also donated monies that went to the participants that completed the pyramid. Thank you to the Employees' clubs for your generous donations!!!

HALLOWEEN TIPS AND TREATS

HALLOWEEN SAFETY TIPS

- Give children an early meal before going out.
- Insist that treats be brought home for inspection before anything is eaten.
- Wash fruit and slice into small pieces.
- When in doubt, throw it out.
- Carrying flashlights will help children see better and be seen more clearly.
- Make sure that an adult or an older responsible youth will be supervising the outing for children under age 12.
- Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.
- Instruct your children to travel only in familiar areas and along an established route.
- Teach your children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home.
- Establish a return time.

HALLOWEEN RECIPE

WITCHES' FINGERS

Witches' Fingers Ingredients

To make our Witches' Fingers, you will need:

- one package of Mozzarella string cheese
- one package of slivered almonds
- a few teaspoons of cream cheese

Preparation

1. Toast the slivered almonds in the oven at 325 degrees for 20 to 25 minutes or until golden brown
2. Cut each piece of cheese in half to make two 'fingers'
3. Carve out small wedges of cheese to make the knuckles and a small area where the fingernails will go
4. Place a small amount of cream cheese into the depressions you created at the end of the fingers and place your toasted almond fingernails into place as pictured above.



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